



Girl in the Glass
Trust. Receive. Believe.

MEDIA KIT 2014



Regardless of what others think, the accolades earned and the pats on the back received, if you don't honor the girl in the glass, happiness will not be achieved."

~Tammy von Nordheim, founder
Girl in the Glass



www.girlintheglass.net

“ It was so nice to meet other women who had experienced what I’m going through. I felt like someone finally understood me.”

-Girl in the Glass participant



about

Girl in the Glass is an empowerment group that supports women on their journeys to honor the persons they are meant to be. It is designed to help guide them intentionally to recognize and celebrate their purposes, and to live in their truths.

Girl in the Glass teaches women how to trust, receive, and believe in their abilities to find contentment and happiness from within. It teaches them how to break through the barriers. And it teaches them how to do it without feeling guilty or selfish.

Through Girl in the Glass women:

- discover their innate gifts and how to share them with the world;
- feel confident with their power and living life on their own terms; and
- identify their pure joy and allow it to radiate into every aspect of their lives.

Girl in the Glass is about being present, living in the light, and discovering their power to just be.



www.girlintheglass.net

CONTACT US } 1GirlintheGlass@gmail.com



when

Girl in the Glass meets on the third Saturday of each month. Meetings rotate between Roswell and Decatur. Check www.girlintheglass.net for up-to-date meeting information.

Time: 5:30—9:30 PM

Locations:

The Jai Agency
4153 Flat Shoals Parkway
Decatur, GA 30034

The Open Mind Center
1575 Old Alabama Road
Roswell, GA 30076

Register: Online at www.girlintheglass.net



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“ I’ve never laughed so hard and felt so comfortable around women I’ve just met in... well, forever! Thank you, I needed that!”

-Girl in the Glass participant

founder

Tammy von Nordheim is a wife, mother, model, actress, photographer and philanthropist. She is living her truth and she is happy.

But, that wasn’t always the case.

After earning bachelor’s degrees in psychology and sociology, Tammy worked for years doing what she thought she ‘should’ be doing. She was essentially living life according to everyone else’s plan. Tammy was content, but she wasn’t happy.

Once Tammy realized she wasn’t happy, she made the conscious choice to make her dreams her reality. By relying on her inner strength and allowing it to radiate, she chartered a path to happiness.

Tammy is passionate about empowering other women to trust, receive, and believe in their abilities to live in their truths: to reach happy. Out of this passion, Girl in the Glass was created.



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info

Founded: 2012

Founder: Tammy von Nordheim, motivator and mentor, bachelor's degrees in psychology and sociology, advanced degree in life.

Headquarters: Alpharetta, Georgia

Services: Empowerment Workshops

Motivational Programs

Mentoring

Inspirational Speaking

Facilitation

Audience: Women of various ethnicities and ages who have (or are pursuing) a college degree. They have strong family and social relationships, and seek opportunities to grow mentally and professionally. They also give willingly to others and do not yet recognize their pure power and truth.



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note

Girl in the Glass is not intended as a substitute for professional, medical, or psychological diagnosis or treatment.

Participants are considered voluntary and the advice shared should not replace or supersede advice from a licensed healthcare provider.



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“ Thank you for creating a place for women to be positive without reservation.”

-Girl in the Glass participant



contact

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Strip away the labels and the ideas of what you ‘should be doing’ to uncover your pure passions and amplify that inner voice that says, ‘I can do this!’”

~Tammy von Nordheim, founder
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